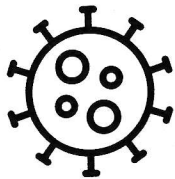


# **WHY DO I WEAR A MASK?**

A ZINE BY SYD

Every week new studies come out detailing health impacts on people who have had COVID.



These impacts are seen in the people whose bodies **survived** the virus.

*Mild infections* have been linked to:

**Cardiovascular Problems**  
(blood clots, stroke, heart failure, inflammation)

**Brain Damage** (cognitive decline, grey matter degredation, memory loss, Alzheimers)

**Immune System Collapse**  
(chronic infections, T-cell apoptosis, HIV levels of immunosuppression)

[bit.ly/3UeFxYQ](https://bit.ly/3UeFxYQ)

*These health problems have been found in:*

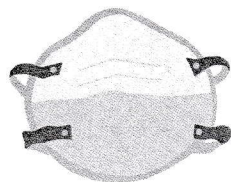
- *Children & young adults*
- *Fully vaccinated people*
- *Previously non-disabled people*

To claim you are protected because you are healthy or vaccinated is ***simply not true.***

Whether or not you **get infected** is a main determinant of post-COVID complications, *even for those with mild, non-hospitalizing cases.*

With each new infection a person increases their chances of overall health failure.

Masks have been shown to drastically reduce the potential for **transmitting AND contracting** COVID.



More masking means fewer infections.

[bit.ly/3m5UTma](https://bit.ly/3m5UTma)

The **quality** and **fit** of masks is important!

- A loose mask that lets air flow out of the sides and top is not going to fully protect you
- A poorly filtering mask is not going to filter out COVID aerosol particles
- **A well fitted N95 or higher standard is a great choice!**

Wearing a well fitting,  
effectively filtrating mask  
reduces my chances of  
contracting &  
transmitting COVID,  
therefore ***reducing the  
chance myself and those  
around me will face  
compounding life-  
threatening and organ  
damaging consequences.***

I wear my mask to  
protect **us.**